## Sacramento Area Career Womens Network, Inc.



Judy Fjell and Crystal Reeves

#### Judy Fjell and the Sound of Our Own Lesbian Voices

SACWN is proud to present Judy Fjell in a unique evening celebrating the voices of lesbian women. In honor of "Women's Herstory Month", Judy will share a retrospective of women's music that is lesbian affirming. As an added bonus, Judy invites us to sing along with these chants and songs to experience the power of our lesbian voices. Special guest, Crystal Reeves, violinist-vocalist will also be performing. Join Judy, Crystal, and the women of our community in celebrating the real sound of our own lesbian voices. (Seating is limited, so pre-register soon!)

DATE: FRIDAY, MARCH 20TH
PLACE: CLARION HOTEL (16TH AND H STREET)
NETWORKING BEGINS AT 6:30 PM
CONCERT BEGINS AT 7:30 PM
(light hors d'oeuevres for the early birds)

#### TICKETS:

Pre-registered limited income	\$11
Pre-registered members	\$15
Nonmembers at the door	\$20

## **Up Coming Event**

March

We are delighted to announce that on Saturday, April 18 SACWN will be presenting an evening of hilarious and outrageous improvisational comedy with Karen Ripley and Over Our Heads. Mark your calendar for April 18, Holidome Holiday Inn.

## HIGHLIGHTS

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# **A Message From the Steering Committee**

First, glowing thanks to Susan Goodrich who has recently retired from the Steering Committee after two-plus years of heartfelt service to all of us in SACWN. All of those wonderful networking programs we've come to love, the HUB with all its information-sharing — these are Susan's legacies that she gave us with great dedication, fun and flair. Thanks, Susan. We miss you! Best wishes in your new adventures.

Many thanks also to Pam Domecq, our Newsletter editor, who has left us to follow other pursuits. A skilled editor who could really encourage our "closeted writer" talents — we'll miss you too, and appreciate your contributions to this letter.

These are hard jobs. It is a lot of work to manage these many SACWN projects month after month. If any of you reading this have some extra time to give, please call me and we'll see if you can pick up some of the tasks these special women have left behind.

In follow-up to our message last month about new advertising rates, we had several calls asking if we could initiate a new, 1/2 business card size ad. In response, you'll see some in this issue, priced at \$14 for members, \$21 for non-members. Please note that these ads, like all the others, must be camera-ready, as we don't have the equipment to produce them ourselves.

There's also been a lot of concern about keeping the cost of events as low as possible. Based upon that concern, the February dance was originally scheduled without a

wooden dance floor, because of the great cost involved and the fact that the Cal Expo staff told us after the October dance that we were the only group that had ever installed a dance floor in all their years of experience with this facility, since it has an indoor/outdoor carpet surface. However, after this decision was made and ticket prices were set accordingly, calls started coming in expressing concern, especially from the country-western dancers. We made the decision to bring in a wooden dance floor for the February dance, taking the risk that we may lose money on this event because of it. It costs SACWN a minimum of \$3 per attendee to provide the floor, and we got this "bargain" price only after many phone calls, lots of shopping around, and having to sign a contract guaranteeing we would rent the floor for three dances. Without this, the floor was going to cost \$4.50 per person minimum, which would have to be added on to the ticket price.

We do want to meet the needs of the majority of our membership, but as you can see from this one example, it's hard to do and keep event prices low, given how the cost of everything is rising. We picked the Cal Expo facility because it's much less expensive than facilities like hotels that already have dance floors, and of course they also don't have the privacy that Cal Expo gives us. So, this is the story.

Enjoy these hints of Spring! See you at the Women's Herstory celebration.

Rosy Metrailer Corporate Coordinator

#### **Steering Committee**

**Rosemary Metrailer**, Corporate Coordinator (916)447-7255

**Jane Irwin**, Finance Coordinator (916) 424-3153

**Ellie Zacks,** Special Interest Groups Coord. (916) 967-3513

**Annie Johnson**, Events Coordinator (916) 927-6038

**Linda Killick**, Administrative Assistant (916)486-8985

#### **Newsletter Staff**

Marta Kravech, Production

Jayne Rountree, Advertising

Contributors: Rosy Metrailer, Robin Pepper, Judie Zuntag, Ellie Zacks, Ann Johnson, Kathelen Johnson, Patty Nash, Rosanna Herber.

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#### **Advertising Rates**

Туре	Member	NonMember
1/2 Business Card	\$14.00	\$21.00
Business Card	\$25.00	\$37.50
Two-column ad	\$34.00	\$60.00
Quarter page	\$50.00	\$75.00
Half page	\$90.00	\$135.00
Full page	\$160.00	\$240.00
Classified ads (per word) .40		.60
Discounts	1 year	20%
(pre-paid)	1/2 year	10%

# **Special Interest Groups -- March**

This month we have three facilitators "retiring", and we want to thank them for their very capable leadership. MARY VALENTI has done a marvellous job of reenergizing the LATE-BLOOMERS group; her warm and sensitive leadership and her creative and appealing "blurbs" in the newsletter have made her stint as facilitator very special. Thanks too to MARY GREEN for co-facilitating so ably. We also want to thank TINA DE JONG and MICHELE PAQUET for creating

TWENTYSOMETHING. They've planned a lot of fun trips and activities, and they've made our under 30 members feel welcome.

We had a suggestion (tongue in cheek?) at the Loulan event for a S.I.G. for women who are not interested in being sexual (or should I say who are interested in being asexual?) Any takers? Call me if you have a suggestion for such a group or any other new groups.

#### **Ellie Zacks 967-3513**

#### BRIDGE

Let's put our cards on the table! We are fun-loving bridge players who meet twice a month. WE converse a lot and even play a few hands in between. New players are always welcome. Call Suzy at 1-678-3581 for info on the March dates.

#### **GOLF**

This group will reconvene in April.

#### SOCIAL CONNECTION

Potluck Brunch and Bike Ride Bring a brunch dish and your bike for an easy ride on the bike trail. Brunch is at 11 at the home of Diana, followed by the ride. Nonbikers are welcome to join the brunch. Call Diana, 487-3124 for directions and to let her know what you will be bringing.

#### LATE BLOOMERS

This group has a new facilitator! We will be meeting Wed. March 11 and 25 at 7 p.m. Call Susan G. at 641-1887 (home) or 928-2320 (work) for more info.

#### **CULTURE CLUB**

Websters describes culture as "the development of intellect, manners and aesthetic appreciation — enlightenment contained through close association with an appreciation of the highest level of civilization." Who says that doesn't refer to potlucks and miniature golf, or tripping through San Francisco, or riding on a merry-go-round? We decide. Come decide with us at a planning meeting and let's go PLAY! Call Ann, 927-6038.

#### TOP TEN

Top Ten is mainly for the ten percent of SACWN membership age 50 and up. Although organized around that premise, we have a thriving membership (43 women), many of whom have not yet reached their "golden" years! We meet once a month, the second Sunday, and also get together for dinner later in the month. Call Gayle, 456-4121 or Ariel, 483-9794 for more info.

#### **DAVIS OVER 30**

Saturday, March 21 at 7 p.m., we're having a pizza party. Bring small pizzas to share or if you prefer to make your own, bring ingredients. Plus bring whatever you'd like to drink. Call 753-6504 for directions.

#### OUTINGS

We are a new Special Interest Group with absolutely no mark of distinction except one — we are women who like to do it outdoors! On March 28, we are planning a day trip to Pt. Reyes. We will customize our activities to what you want (hike and picnic among spring wildflowers, whale-watching, attend the ceremonious lighting of the old lighthouse at sunset). Call Nancy for more info or with your ideas, 454-5847 or 452-6007. P.S. In April, we are going stream fishing!

#### SECOND STAGE RECOVERY

We're now one year old! We have evolved into a close group of sharing friends celebrating our growth and recovery. If you have at least one year in a 12 step recovery program and are looking for a safe, supportive, loving environment to continue your discovery through recovery, call Ann, 927-6038.

#### **RAINBOW CAMPERS**

It's that TIME! Dust off your tents, trailers, sleeping bags, etc. and let's go camping. A potluck planning session will be scheduled soon to set up excursions for the upcoming season. If you'd like to join us, please call Jayne, 921-6642.

# WOMEN SURVIVING BREAKUP

This group will be needing a new facilitator; after a year, I'm moving on to work with the Relationship Forum. I want to thank the many women who shared, grieved, and healed with me, together. If you're interested in attending or facilitating, contact Sandy at 933-0670 or Ellie at 967-3513.

#### SIGs Continued

#### **TWENTYSOMETHING**

This group is being discontinued at this time.

# WOMEN'S WORDS (formerly PLAY-READING)

We are expanding this group to include not only play-reading but also short story reading and poetry reading. So bring your favorite lesbian writings to our meeting on the second Tuesday of each month at 7 p.m. Call Lenora, 444-0102 for location.

#### LESBIAN PARENTS

A little catch-up! January we went to play in the snow at Strawberry—it was cold but lots of fun.
February, we met for an afternoon of roller-skating. Our next event will be March 7th — a kite-flying adventure. Also, April 19th, spend Easter with us on a trip to Daffodil Hill and Volcano. Pack a pot-luck lunch to share. Call Sherry at 739-1691 or Bobbie at 641-7865 for details. Hope to see you there.

#### BASKETBALL

We started in October and are playing Saturday mornings from 9-11 for fun and exercise. ALL skill levels are welcome; no previous experience necessary. For information on location, call Maggie, 456-1420.

#### **NEWCOMERS**

If you are either new to SACWN or find the size of other SACWN activities too large, this group might be for you. Come join us for dinner in March. Call Nancy, 454-5847.

# Spotlight on New Special Interest Group: The Relationship Forum

Perhaps you've found yourself at the point of asking how you can have what you want in a relationship and how you can make that happen. Some of us who shared and grew through our grieving in The Women Surviving Break Up group found ourselves wanting to do just this: think and love at the same time. Whether someone had begun a new relationship or was now single, they wanted to have a partnership that went well and was good for them. There was a sense of searching for how to be able to relax and trust, to feel loved and loving, and to change those things about oneself that got in the way.

The Relationship Forum is an opportunity for single or paired women to learn about and celebrate women loving women. Rather than being a support or therapy group, it is a group where ideas about all facets of relationship will be presented, discussed more from the heart than the head, and where confidentiality will be respected. We will listen to tapes, watch videos, and perhaps share readings to bring in new ideas about what can make our dykes' dreams of love come true.

Join us at our first meetings in March, on Sundays — the 8th and 22nd- and learn about what works for you. We will begin as an open group and explore the possibility of closing in order to create an ongoing context for more personal sharing. For more details, call Sandy at 933-0670.

#### **Calendar of Events**

#### **SACWN** Events

#### March 20

Judy Fjell and Crystal Reeves, Women's Herstory thru Lesbian Music Clarion Hotel 700 16th Street (16th & H Street)

#### April 18

Karen Ripley and Over Our Heads Comedy, Holidome 5321 Date Avenue (I-80 at Madison)

#### May 9

Mothers Day Picnic Beach Lake Preserve

#### Community in March

2nd - Monday 2nd Annual Women of Color Day CSUS, University Union Redwood Room Free, Call 278-6101

17th - Tuesday Martha Graham Dance Company Sacramento Community Center Theater Call 752-2523

Mondays Women's Rap & Social at the Lambda Center 7-9 pm - For info call 442-0185 Stop Smoking - a drop-in self-help program at the Lambda Center at 5:30 - call 442-0185

**Tuesdays** Being Gay Today 10 pm on Cable 18

**Thursdays** Women's Coming Out Group at the Lambda Center from 6-7:30 pm - For more info call 442-0185

**Fridays** Country Western Dance at 7;30 pm at MCC - For info call 454-4726.

# Joan Frazzini,

LCSW

LG9415





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For Further Information call: (916) 965-6851

or write: Lambda Letters Project, 6212 Silverton Way, Carmichael, CA 95608.

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# JoAnn Loulan Review

by Kathelen Johnson

JoAnn Loulan knows everything about us lesbians and loves us anyway. During her twenty years as a lesbian sex therapist (licensed MFCC), she has become familiar with the wide range of lesbian desires, expectations, behaviors, problems, heartaches, and loves.

So she came to Cal Expo Club on January 11th to entertain 300 of us by showing us ourselves. She gave us an honest look and let us laugh loud and long.

This year her theme was "Dating and Stages of Relationships." She started, not at the beginning, with dating, but BEFORE the beginning, inviting us to insight by describing herself: "I want a LOT of stuff ALL the time." Even just ordering dinner in a restaurant, "I want it to be PERFECT."

We make lists describing the perfect partner we're searching for. WE think, "This time I'm going to get it right." Research shows, "within twenty seconds of meeting someone, we're trying to change them."

You're sure you don't want a woman with pets. "But," JoAnn says, "if she knocks your socks off, none of it matters. One year later, you ask, "Where'd the dogs come from?" "The dogs? They've always lived here".

We're uncomfortable dating because we have to expose ourselves and because we just know it leads to marriage. Before we even go out on a date, we consult 25 of our closest friends about it, and we're terrified.

Go on! Go ask her out! What if she says no? BIG DEAL. It's a learning experience. What are you waiting for? Death? A terminal illness?

And then we're in a relationship. Blissfully we sigh, "She's the best thing that ever happened to me." That's followed by, "She's the worst thing that ever happened to me."

How do we make the relationship last? Talk about it. Reinforce it. JoAnn said, "Every day I feel like I am a mother because everything I do reinforces that. Those things reinforce and help me be a mom." Similarly, every day we should talk about being in this relationship.

JoAnn offered us a simple way to save \$1000 in therapy: Have a six-foot sign made to hang in your home: BIG DEAL. What if your partner won't pick her clothes up? You're driving her crazy with nagging. "You wanna get laid? YOU pick her clothes up! Or would you rather mope, I'm going to have no more fun because her clothes are on the floor. It would be simple for you to shut up!"

"When do you get to do what you want? None of us does! I didn't want to help my son clean his room and wash his walls. But I have it in my head: I'm a mom. It's NOT a BIG DEAL. I just do it. Why do we make it so hard on ourselves?"

JoAnn had plenty to say about lesbians and feminism, lesbians selling out to feminism, desperate to belong to a movement.

She had plenty to say about the myth of a 50/50 relationship. How much do you like to make love to your partner, and how much do you like her to do it to you? Some like the proportions to be 60/40 or 30/70.

Only 2%-5% of all lesbians fall in the 50/50 category. Finding someone who is compatible would mean that if you're a 20/80, then an 80/20 would be a great partner.

JoAnn laughs at her own jokes, laughs at herself, laughs at us. She's at ease, comfortable with us and our intimacies. She talks about sex and vaginas as unabashedly as she talks about her son's math test. Even though she says she has trouble always being honest, and graciously grants us permission to tell lies, too, kernels of truth comes from the heart of her bantering routine.

I went to this event to be entertained, spent most of the evening giggling, chuckling, and rolling with laughter, yet came away with new gems of truth and wisdom. An evening of hilarity can also be one of enduring value.

# Our Own Lesbian Voices by Rosanna Herber

Singer, songwriter Judy Fjell plans to create personal empowerment through lesbian voices at the SACWN Women's Herstory Concert on March 20th at the Clarion Hotel. She's counting on you to add your voice to the song.

A woman who has been called the "Sing Along Queen" by Paul Phillips of "Romanofsky and Phillips", Fjell isn't shy about her belief that singing plays an integral part in self discovery. Her notion is that our voices are tied to our self expression and the development of our lesbian and gay culture. As our voices grow so does our self esteem and vice versa. Fjell is passionate when she states, "The development of one's own voice is very important

#### continued Lesbian Voices

in asserting who one is in a loving way."

Music Empowerment Workshops that Fjell conducts throughout the country have taught her about the relationship between musical empowerment and personal growth. "I believe that our musical power is not just connected with our spiritual power, it actually is our spiritual power," said Fjell. "Developing one's own voice in a singing context strengthens our voices in other contexts."

As an example, Fjell shares the story of a woman who is finally leaving a confining job and moving in a direction that better fits her heart's desire. The courage to take this step came from becoming

musically empowered. "The power of her voice freed her to follow her inner self" said Fjell. "She is now less critical of herself and is more confident of who she is and what she can do."

Fjell will celebrate women's herstory and specifically lesbian herstory by sharing a retrospective of women's music that is lesbian-affirming. Special guest, Crystal Reeves, violinist-vocalist will join her. Of course, she hopes you will sing along, but that's not required to enjoying the concert. The show begins at 7:30 pm. Tickets are available through SACWN at 486-8985.

#### **Announcement**

A new group has formed like ours as an affiliate of Bay Area Career Women, called BACW - Central Valley, They are having regular get-togethers called "TGI Fridays" from 5:30 - 7:30 pm on the 1st and 3rd Fridays of every month at R.J. Sweatwaters, 1029 9th Street, Modesto. Cost is \$2.00 for BACW/SACWN members, \$3.00 non-members. Call Dodie (209) 527-

#### Correction!

The correct phone number for Ellie Zacks, Ph.D.
Clinical Psychologist is:
967-3513
Please make corrections in your
SACWN Directory 1991-1992.



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--you would like to help your parents plan so that taking care of them and their affairs will be as easy as it can be ... for them AND for you, or

--you wouldn't know a "living" trust from a dead one,

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THURSDAY, MARCH 5, 1992 7:00 to 9:00 p.m. BEVERLY GARLAND HOTEL Sacramento

Space is limited; to assure a seat, or for further information, call 422-1404.

#### SACWN, INC. -SUBSCRIPTON RENEWAL BY MAIL

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\*LIMITED INCOME - SACWN, Inc. considers a person living on a limited income to be anyone who is having a difficult time paying for basic necessities - food, utilities and rent - and who rarely considers entertainment as part of her budget. \* SENIORS - Age 65+ on Limited Income; STUDENTS - Students 21+ on Limited Income; DISABLED - Disabled Citizens on Limited Income.

\*\*SUSTAINING - Contributing a little extra to help supplement others (Seniors, Students, Disabled) on limited income.

# Women's Herstory and Music

**Judy Fjell and Crystal Reeves** 

Clarion Hotel March 20, 1992

Name		
Address Street/P.O Bo	OX	Apt#
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Category	# tickets	additional name or
Reserved Seating: Pre-registered members \$15.		Subscriber #
Reserved Non-members \$20.		
Pre-registered Limited Income Seniors, Disabled, Students \$		
Total tickets To	otal enclose	ed \$

Call 486-8985 for additional information.

Make checks payable to SACWN, Inc.. Send reservations, check, or money order and a self-addressed stamped envelope to: SACWN, Inc., P.O. Box 661332, Sacramento, CA 95866.

At the door tickets will be \$20 for members, and

all others, as space permits.

SACWN, Inc. P.O. Box 661332 Sacramento, CA 95866

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